

HOW TO FORGIVE SOMEONE WHO HURT You



WAYS TO FORGIVE



Take responsibility for letting someone hurt you



Forgive and stop hating yourself



Express yourself and find closure



Practice relaxation techniques

BENEFITS OF FORGIVING



Helps rebuild self-esteem



Relieves stress, and you sleep better



You feel happier and relaxed



Helps prevent anxiety and depression



Decreases the risk of heart diseases

References

- 1 Unforgiveness and your health; Counseling Directory
- 2 Forgiveness can improve mental and physical health; APA
- 3 The health benefits of forgiveness; Kaiser Permanente